

Worksite Wellness Success Stories

May 2008

Kalamazoo County Family Independence Agency Six Weeks To Wellness

The Kalamazoo County Family Independence Agency (FIA) kicked off their Six Weeks To Wellness (6W2W) on May 19th with an office walk. Sixty-seven employees enrolled in the event with . . . teams.

The calendar of events included:

- 5/19 - Gazelle Sports
- 5/29 - Health Fitness Fair
- 6/2 - Lee Sporting Goods
- 6/3 - Katie National Health Food
- 6/9 - Will Tai Chi demonstration
- 6/11 - Tiffany C. Fitness workout
- 6/16 - Climb Kalamazoo
- 6/18 - Dr. Sands Gym ball demonstration
- 6/24 - Nutritionist
- 6/25 - Back Place



All of the vendors had a prize drawing.



One participant won a massaging chair.
Others won free products and services.

Wrap-up was June 27th with a Healthy Potluck and a personal trainer from the YMCA to tell everyone how to maintain the good habits they have started. It was great!

>[more photos](#)

Submitted by Joyce Cleveland

Kalamazoo FIA

Health Fair Photo Gallery

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